



GCSE PE - Rock Climbing

YHA Coniston Holly How

**Key Stage 4 & 5
Physical Education**

From £226 per student

**5 days (4 nights) full board
(grant aid available)**



Visit: www.yhaschooltrips.org.uk or phone 0800 0195 465

GCSE PE - Rock Climbing

Package description

Fun and learning go side by side as students achieve valuable marks towards GCSE Physical Education with this Rock Climbing module based in the Lake District. The package is based on groups of 10 students (maximum of 4 groups). Discounts available depending on number in group.

Pupils not studying the package are welcome to stay and 'add-on' activities. Please contact the Hostel Manager for further details.

Learning modules

The course includes:

- Fitting of helmets and harnesses
- Visit to a local crag for climbing and bouldering
- Knots, belaying and climbing practise
- Rope care, storage and climbing equipment
- Assessment

Price

Prices from £226.00. Price includes:

- Full board accommodation
- Tuition
- Assessment
- Use of equipment
- 1 free leader place for every 10 paying participants
- Free planning visit

Available

- YHA Group Membership on application

Please see the following pages for details of the learning modules available.

Information on activities, fun & games, services, (including financial support), and booking information can be found on the pages at the back of the booklet.

Learning module

Module

GCSE PE - Rock Climbing

Learning Outcomes

Pupils will...

- develop advanced skills and techniques, and appropriate strategies in increasingly demanding situations
- be able to evaluate and adapt their own performance to produce consistent and effective results
- be able to demonstrate an understanding and practical application of the conventions of the activity in a challenging environment
- be able to demonstrate an understanding of health and safety issues and their practical application

Acquiring and Developing Skills

- Rope handling/use of equipment
- Belaying, lowering off, and knots
- Movement on rock: use of different holds, descending, abseiling and traversing
- Communication

Selecting and applying skills and compositional ideas

- Candidates should perform their activity in a suitable environment, completing a journey and dealing with unforeseen circumstances

Timetable:

Monday afternoon:

Monday

- Introduction to the sport of climbing
- Fitting of helmets and harnesses
- Knots, belaying and climbing practise
- Rope care, storage and climbing hardware
- Slide show on the life of a climber

Tuesday:

Tuesday

- Climbing at a single pitch crag
- Bouldering
- Compiling a guidebook with drawings, photographs and notes

Wednesday:

Wednesday

- Further climbing at a local crag
- Rope tricks
- The opportunity to multi-pitch climb

Thursday:

Thursday

- The Assessment

Friday:

Friday

- Complete Assessment or Activity
- Depart at lunchtime or option of afternoon activity (extra)

Duration:

Course begins on Monday afternoon with departure on Friday morning. Work is undertaken during the day and in the evening.

What is required:

A school will need to bring the following:

- 5 laptops per group of ten students
- 10 re-writable CDs for student's photographs
- 3 digital cameras
- Minibus transport

Need to Know:

The course is based on groups of ten students with a maximum of four groups per visit (40 students plus leaders)

Useful information

Action

These fun, motivational activities can enhance the educational aspect of your residential visit and provide enjoyable variety for your pupils. They can be bought in for other students not on the GCSE rock climbing course.

- Gorge Scrambling
- Kayaking / canoeing
- Abseiling / climbing / scrambling

Fun & games

Use your evening to have fun and develop skills that can be transferred back into the school environment. For more information please contact the centre.

- Nightline in the hostel grounds
- Team Building games in the hostel grounds
- Movie night available
- Last night disco available

Explore

Make the most of your stay by exploring the local areas and maybe further afield.

- Safe, off-road bridleways from the hostel door (no roads)
- Local trails from the doorstep, guided or self-guided

Services

The following services are available:

- Free leader places
- Assistance with risk assessment
- Wet weather alternatives

Facilities

The following facilities are available:

- TV and lounge areas
- Meeting rooms
- Cycle store
- Drying room
- Tuck shop

Meals

YHA have more experience than most in catering for young people. We offer a wide variety of dishes, always including a vegetarian option, which both adults and young people enjoy. With prior notice we can cater for special diets e.g. diabetic, ethnic etc. and can offer flexible meal times to fit in with your itinerary.

Funding assistance

With our range of seasonal discounts, some as much as 50% and with grants towards the cost of your trip such as the "Breaks 4 Kids" fund, your residential with YHA is sure to be unbeatable value for money. For more information visit www.breaks4kids.co.uk

For more details Tel: 01629 592 696.

Booking information

For booking and further information call:

0800 0195 465

www.yhaschooltrips.co.uk

Centre information

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